

# Crossed Sabers

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*"Telling the First Team's Story"*

Friday, July 1, 2005



(Photo by Spc. Nicole Kojetin, 1CD Public Affairs)

Soldiers conquer Fort Hood's Battalion Avenue during a 1st Cavalry Division run in honor of the return of hundreds of former First Team Soldiers to Fort Hood June 24. The First Team's commanding general, Maj. Gen. Peter Chiarelli, led the pack. Visiting veterans, attending the four-day 1st Cavalry Division Association's 58th annual reunion, stood on the sides on the road cheering and yelling encouragement to the passing troops during their early-morning four-mile run.

## Tableau Allows Soldiers to Compare

**By Spc. Nicole Kojetin  
1CD Public Affairs**

The crowd roared as a Bradley Fighting Vehicle slammed to a halt in the middle of Hood Stadium.

Operation Iraqi Freedom II veterans rolled out of the tactical vehicle showing veterans the new techniques of today's Soldiers during a 1st Cavalry Division Historical Tableau, June 24 in Hood Stadium at

Fort Hood.

The Tableau exhibited the history of the division's units starting with the mounted cavalry in 1855 to the present day division.

It incorporated a demonstration by the Horse Detachment, various flyovers and viewings of equipment and uniforms.

Spc. Christopher Wade of the Horse Detachment, said he enjoyed the opportunity to edu-

cate Soldiers, veterans and their families about the First Team.

"[It allowed us to] let Soldiers know, the [veterans] were doing the stuff that we're doing now," said Wade, who was portraying a Soldier from the 1884 Spanish American War.

Volunteers, from different units and the community, worked together to make the Tableau possible.

Stephen Draper, 1st Cav.

Div. Museum director, advised the technical side of the event. He also provided the scripts and uniforms while ensuring historical accuracy.

"One of the biggest challenges was getting the right Soldiers into the right uniforms," Draper said.

The uniforms, mostly made out of wool, were origi-

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## Man on the Street

What is your favorite thing about being at the 1st Cav. Div. Association Reunion?

Photos by Spc. Nicole Kojetin  
1CD Public Affairs



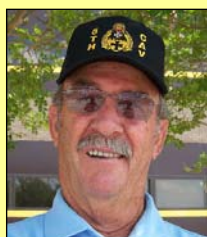
**Harvey Rothman**  
Vietnam Veteran,  
Kissimmee, Fla.  
HHC, B Co. 2nd  
Battalion 5th Cavalry  
Regiment

The best part is knowing that you belong to such a special family. I also enjoyed our visit to the 2-5 Battalion Headquarters with the briefing and memorial ceremony to those troops who were lost in Iraq.

Just seeing the returning veterans and the kids that are ready to go to war is great. The pride they have is incredible.



**Tommy Godbold Sr.**  
Korean Veteran,  
Corpus Christi,  
Texas  
M Co., 7th Cavalry  
Regiment



**William Rambo**  
Korean Veteran,  
Scott, Ark.  
C Co. 1st Battalion  
7th Cavalry  
Regiment

My favorite part is seeing old friends. Also, it is very interesting to see changes in the military and the weaponry. I like to compare the old ways to the new.

# The State of the Cav

*Editor's note: Excerpts taken from Maj. Gen. Peter Chiarelli's address at the 1st Cavalry Division Association's reunion banquet.*

Our country once again stands stalwart in the face of adversity. And the First Team, as in times before, has readily answered the call to serve. The triumphs and accomplishments of the First Team over the past year are measured side by side with the deeds of those who represent the division's rich history.

The division has answered the nation's call, and will again.

One-hundred and sixty-nine of our brothers and sisters who served with the Division during its recent deployment in support of Operation Iraqi Freedom II paid the ultimate price. Over 1,900 were injured.

We cannot express in words, deeds, or actions enough the feelings of pride and grief we feel for their loss. With a sense of determination, we can only look them or their family in the eye, choke back the tears, smile graciously, and thank them for their eternal sacrifice.

The battle for peace in Baghdad took forms never before conceived as a military force. Continuous combat operations were complimented by repair of local infrastructure. Training of local Iraqis to secure themselves were coupled with educating the populace on how to open a business and how to govern.

The election of Jan. 30, 2005 in Baghdad encapsulated the efforts of an

entire year. Over 55 percent of the registered voters, in the face of intimidation, voted their conscience for the first time in generations, under the security provided by the First Team and the Iraqi Security Forces.

We are witnessing the birth of a nation today. And it was because of the work of our Soldiers, sitting among you today, that allowed that to happen.

And now we are back at Fort Hood, and you have probably heard and read about the new transformation we are going through. If there is any constant in our fast

paced Army, it is that of change.

This transformation will increase the strategic mobility and war fighting readiness of our nation's Army. It will provide the needed stability of our forces in an ever volatile world for both the families of Soldiers and the sustainment of a high level of readiness.

Over the next few months, the division will conduct a reorganization that will affect every unit across the division. There will be large movements of Soldiers, equipment, and resources all oriented toward transforming to a more mobile, agile, and lethal organization.

There will be numerous reflaggings, unit inactivations, and new units reborn. Every action will be looked at through the lens of the regimental affiliation system, and scrutinized by our leaders.

Once again, we are challenging our Soldiers and leaders to transform, train, and be ready to defend the ideals of democracy. Once again, we will live the legend as America's First Team.

## Pegasus 6 Sends

**Maj. Gen.  
Peter  
Chiarelli**



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# One in Four Soldiers Affected With Mental Illness Not Seeking Help

By Sgt. Christina Rockhill  
1st Cavalry Division Public Affairs

As many as one in four Soldiers returning from deployment show some sort of symptoms of mental illness said Maj. Christopher Lange, the 1st Cavalry Division psychiatrist.

Lange knows about mental illness, not just because he is a psychiatrist, but also because he battled posttraumatic stress disorder first hand.

Only 73 days into his deployment to Iraq, Lange was wounded during a mortar attack. He was in a wheelchair for a month, on crutches for the next month and in physical therapy relearning to walk for two more months. As a trained professional, he suspected that he might have PTSD.

"The first two months I was home, I had pretty frequent nightmares about it," he said. "It was a pretty terrifying experience."

Lange said he had problems with loud noises and was easily startled. He also noticed that he didn't feel close to a lot of people.

"I had a typical veteran's attitude of 'you don't understand what it's like,'" he said. "I knew that I was going to have to take an early approach to it right away. I was pretty shaken... so I knew I was going to have to watch myself pretty close."

He then decided that he would practice what he preached. Lange started to do relaxation exercises, got plenty of sleep, exercised and increased the time he spent with his family. Lange said he is living proof that PTSD can be overcome without medications. Four months after he was injured, he returned to Iraq and found that this was a big challenge.

"Going back was very hard," he said. "It was a very emotional time to stand in the spot where it happened. But I also never entered the building where I was treated again. I wasn't completely over it once I got there."

## *Stigma Attached to Treatment?*

Lange said as many as 75 percent of

affected Soldiers are not getting the help they need for mental illness. He said the main reason he believes Soldiers are not seeking help is the perceived stigma surrounding mental illness.

"Mental health has a large stigma attached to it," he said. "The biggest stigma in military culture is that if you are not able to handle stress or what is happening to you in your own mind that somehow you are mentally weak and in some points physically weak and they don't want to lose face with their peers or with their superiors because of that."

Lange said the stigma attached to mental illness is not true.

"It's very important to fight the stigma because the current estimate has that at least one out of every four suffering from some form of mental illness in some variety — whether it's depression, post traumatic stress disorder, anxiety or even any type of [mood] disorder," Lange said. "But only one quarter of those are getting the help that they need so we're not treating the number of people out there."

## *PTSD – Can Be Severe*

One of the main mental illnesses facing Soldiers returning from a combat zone is PTSD. PTSD is an anxiety disorder that is chronic and can become more severe if not treated. Lange said some of the main symptoms associated with PTSD are difficulties sleeping or falling asleep, nightmares, hyper vigilance or being easily startled, irritable and quick to lose their temper. He said although these symptoms are normal after returning from deployment, if they persist at least a month a Soldier should seek treatment.

"I think the biggest sign that we look for in people is the avoidance of contact," Lange said. "The person who used to be very outgoing, used to be a big team player and they turn to be the exact opposite of that is what you are looking for, primarily. Any kind of change in personality like that is your first sign. Especially, if you know they had been engaged in any kind of combat situation where they had direct contact

or where something very scary happened."

Another symptom of PTSD is selective amnesia or the blocking of traumatic memories.

"Amnesia to an event is very a common avoidance symptom," he said. "Our brain does very strange things when it doesn't want to remember. It will actually block it out and deny that those things even happened, because there is something very symbolic about that memory that they don't want to remember."

Lange said it's important for Soldiers experiencing memory lapses to come in and talk about them, not because it's important to remember them, but because the memories may return on their own in forms of flashbacks or nightmares.

"It's important that [the repressed memories] don't come out when you don't want them to," he said. "That's the side effect of repressing those sorts of memories; the brain will bring them out at the most random times."

Lange said as many as one in five Soldiers who have been in combat can be battling with PTSD. PTSD only affects Soldiers who were in direct contact or had a traumatic experience. The disorder can be disabling to a Soldier and effect their most simple day to day activities.

"People aren't going to be able to focus as well, they're not going to be able to do their jobs as well," he said. "Anything that reminds them of what kind of trauma they had is what they're going to remember, so anything that reminds them of their job is exactly what is going to remind them of that kind of trauma. They're not going to want to come to work, not going to want to perform the same way. In addition... they're not going to want to interact with their peers, not going to work as the same kind of team member that they were when they were overseas."

## *Combat Stress*

PTSD is not the only mental illness

# First Team Reunion Spawns Camaraderie, Friendships

By Spc. Joshua McPhie  
1CD Public Affairs

Of the thousands of current and former First Team Soldiers participating in the 1st Cavalry Division Association Reunion, June 23-26, nearly all had the same reason for being there, camaraderie.

The 58th annual reunion started June 23 but really got into full swing with the division run June 24. Even a 6:30 a.m. starting time didn't deter former troopers from showing up to show their support for those who were running.

"I always come for the run," Edward Times said. "I like the camaraderie especially now that the troops are back from Iraq."

Times, who served with 1st Battalion, 7th Cavalry Regiment in Vietnam, cheered on Soldiers as they ran past, while he filmed the run. He said he attends Cav reunions religiously as well as traveling to Washington D.C. each Veterans Day to place wreaths at the Vietnam, Korean and WWII memorials and the Tomb of the Unknowns.

"My comrades died so I could be here," Times said. "I feel honored to come out here."

Following the run, current Cav troopers had a chance to sit down and have breakfast with former First Team Soldiers. This gave everyone a chance to talk to Soldiers who served during different periods in the Cav's history.

"It's fun being around the guys," said Command Sgt. Maj. Pablo Squiabro, 2nd Battalion, 8th Cavalry Regiment. "What I like is the way we put our arms around the First Team vets. I really respect them. I can really relate now to a combat veteran."

Even though he can relate to the older veterans, Squiabro said he knows that his combat experience is very different from the older Soldiers.

"You can relate, but at the same time I realize how much harder it was for them," he said.

Sgt. Duarte Fernandes, who was



(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

**Edward Times, a Vietnam veteran, films Soldiers from the 1st Cavalry Division as they participate in a division run to kick off the 58th Annual 1st Cavalry Division Association Reunion June 24 at Fort Hood.**

attending his first reunion, had a similar experience talking with troopers from different eras.

"It was interesting interacting with the vets from different wars," he said. "They had it harder."

Fernandes, who is part of the division's honor guard, had an opportunity to talk with many attendees as he worked as a guide at the open house and attended ceremonies with the other honor guard Soldiers.

Many former Soldiers looked forward to meeting the current crop of combat veterans.

"It was great vets coming up to me and shaking hands," Fernandes said. "They had some good stories."

"I just make a point of welcoming them home," Vietnam veteran, Joe Kelbus said.

His wife Dorothy said it was nice to see the difference in the way people support the Soldiers now.

"It's nice to see the support for the

troops," she said. "They didn't have that in Vietnam."

"I'm proud of the troops that have taken our place," William Richardson said. "They're probably the best division. When we come here we always have a wonderful time."

When they weren't greeting the newly returned Cav Soldiers, former troopers had a chance to catch up with old friends during war era lunches and reunion rooms sponsored by the units they served with.

"I look forward to meeting the guys I was in Vietnam with," Times said. "I just enjoy being here because this is the backbone of the cavalry."

Meeting old friends wasn't just something for the older Soldiers though. Soldiers' spouses were able to reconnect with the support groups they formed during combat. Dorothy Kelbus said she likes being able to meet wives with similar

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(Photos by Spc. Nicole Kojetin, 1CD Public Affairs)

**Operation Iraqi Freedom II veterans provide a protective perimeter around the Bradley Fighting Vehicle representing today's Soldiers in the 1st Cavalry Division Historical Tableau June 24 in Hood Stadium at Fort Hood.**

## Tableau

From Page 1

nals and stored in the museum for events like the Tableau. Wearing the old uniforms in the warm weather really made the role-playing Soldiers appreciate their ancestry.

"It is really hot and itchy," Wade said. "Plus it is not really my size, so I am being really careful that I don't stretch it."

Draper had to send some volunteers back to their units or give them different jobs because they were too tall for the job, but eventually he found troops that could fit into each uniform.

After the histories, veterans had the opportunity to check out the old and new

equipment and visit with the Soldiers.

For one Vietnam veteran, seeing how efficient the current Soldiers moved helped him cope with his son going to Iraq.

"Sending a child to war is different," said Henry Land II, who lost his right hand in the Vietnam War. "These guys really deserve the credit they get. They really have their heads on straight."

Every veteran and Soldier had their favorite part of the event.

"Being a pilot, my favorite part was seeing the aircraft fly over and interact with the troops that are piloting," Land said.

The Soldiers also enjoyed meeting the veterans who did the same job many years ago.

Tommy Alderson, 1st Battalion 82nd Field Artillery Regiment, represented a Soldier of the Korean War and enjoyed the educational opportunity to interact with the veterans that he represented.

"Everyone that comes up to me tells me a story," Alderson said. "One vet told me a story about being cooped up in the truck behind me for 66 hours, and he only traveled about 100 miles."

It was clear to him that Soldiers, both old and new were trying to pass on the same message at the Tableau.

"We are all so grateful for what the other has done," Alderson said.

He said that "Thank you" was a common phrase as the night wore on.



(Above) Spc. Christopher Wade, of the 1st Cavalry Division Horse Detachment, models a uniform from a Soldier from the 1884 Spanish American War during the tableau.

(Left) A Huey helicopter used in the Vietnam War, spills out troops during a air assault on Hood Stadium during the tableau.



## **AER Campaign Extended**

# **Hope to Meet Fundraising Goal**

**By Spc. Joshua McPhie**  
1CD Public Affairs

Helping another Soldier is something most troops would do ... in a heartbeat.

With the extension of the Army Emergency Relief Campaign, Soldiers now have another opportunity to help by contributing to the relief organization.

"We are just a little bit behind where we would like to be," said Karen Bradshaw, an Army Emergency Relief officer and the financial readiness branch manager. "Our goal is \$450,000 this year.

"We realize that with the missions that are going on here at Fort Hood, everyone has not had an opportunity to hear about the campaign, and therefore an opportunity to contribute, so we extended it to July 31," she said. "We certainly hope that we will be able to get close to if not exceed our goal by July 31."

Redeployment, block leaves and units resettling into the Fort Hood community account for some of the delays in donations.

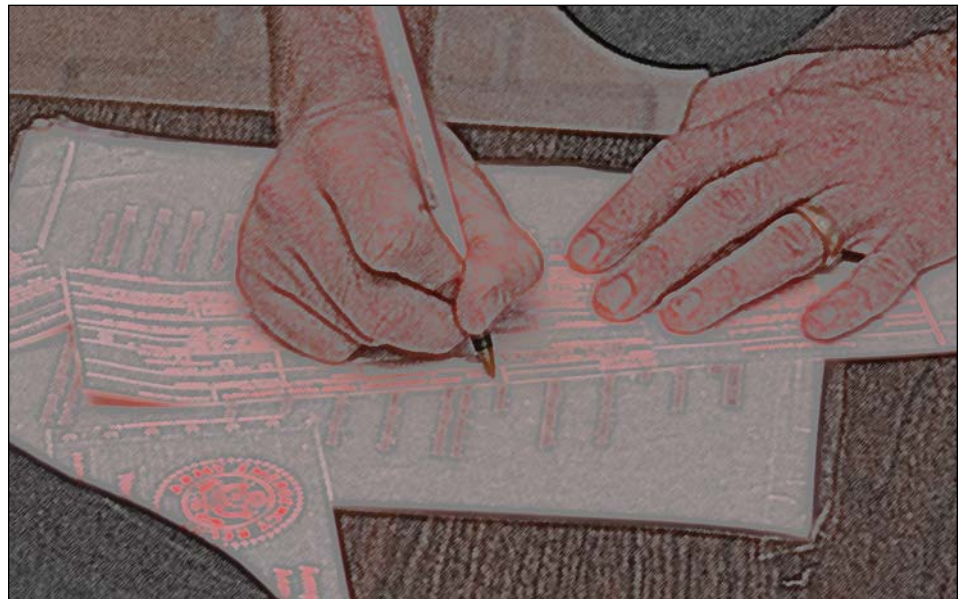
"Because the 1st Cav just got back from their rotation in Iraq, they're a little behind the power curve," said Sgt. 1st Class Ella Washington, from III Corps' 3rd Signal Brigade, and the deputy campaign coordinator for the AER campaign. "I think they're doing very well. They're starting to get on board. I think they'll move up to their level of superiority."

The division's campaign representative said the extension will enable the 1st Cavalry Division to catch up to the program.

"The Cav, so far, could be doing better," said Sgt. 1st Class Robert Hetzel, 1st Cavalry Division's AER campaign representative. "Right now we're lower than last year and the year before. A lot of things to consider in that, we've been deployed, people are coming back from block leave and people are still on leave."

Hetzel said he believes contributions will pick up once First Team Soldiers come off of leave and learn about the campaign.

"We think it's very important for Soldiers to give to Army Emergency Relief campaign because Soldiers are helping themselves when they are helping their fel-



(Graphic by Spc. Joshua McPhie, 1CD Public Affairs)

**The Army Emergency Relief Campaign is still accepting donations to help it meet the July 31 goal of \$450,000.**

low Soldiers by donating this money," Bradshaw said. "It's Soldiers helping Soldiers."

"It's just a good campaign," Washington said. "It really does help the Soldiers."

AER is a non-profit private organization established to help Soldiers and their families as well as retirees and widows in times of financial need, Bradshaw said.

The most common things that bring Soldiers to AER are unexpected travel expenses due to sickness or death in the family, financial crisis, vehicle break down or medical and dental expenses not covered by Army.

On average, Fort Hood's AER helps 3,000 to 4,000 Soldiers each year, Bradshaw said.

"This past calendar year we helped a little over 2,500 Soldiers," she said. "The amount of assistance for those 2,500 Soldiers was a little over \$1.5 million."

"I've actually used AER three separate times," Hetzel said. "I can speak from personal experience that AER does work."

Pvt. Schon Lake from the 1st Cavalry Division's 15th Forward Support Battalion, is one of the Soldiers the campaign is helping. He was able to get financial assistance from AER after a death in his family.

Lake just arrived at Fort Hood from Advanced Individual Training. Before arriving at Hood he took leave, leaving him financially unable to attend his grandfather's funeral.

"They're helping me out to get back home so I can pay respect to my grandfather," Lake said.

Before his grandfather died, Lake didn't know how AER could help him.

"My platoon sergeant told me about it," he said.

Now that he knows about the organization, Lake said he would give money to the campaign in the future.

"Anytime that a Soldier receives money (from AER) it comes from the funds that are in the AER account," Bradshaw said. "They (AER) receive these funds from different ways — one, from the payback the Soldier makes on his loan; and two, from the contributions the Soldiers give."

Hetzel said donating to AER is easy. Soldiers can pay with cash, check or allotment.

Each unit down to the battalion level should have an AER campaign representative. If Soldiers are unsure of who their representative is, they can call Fort Hood's AER office at (254) 288-6330.



# North Texas Town Honors Greywolf Soldiers

By Sgt. John Queen  
1st Cav. Div.

Each year on the second Saturday of June residents in the sleepy Texas community of Dublin break out the grills, don party hats and put on running shoes in a festive fun-run and cook-off that marks the birth of their hometown's historical landmark, the Dublin Dr. Pepper Bottling Company.

This year's celebration highlighted the Soldiers and family members of Headquarters Company, 3rd Brigade, 1st Cavalry Division as the town's official guests of honor.

"It's a real special honor to have them come up here and take the time out of their busy schedule," said George Myers, one of the partygoers from nearby Stephenville, Texas. "We support what they're doing and appreciate everything they do."

Jeff Pendleton, creative director for the bottling company, said the Soldiers and their families were invited to this year's festival as a way for the small community to thank them and show they appreciate their service and sacrifices.

"A few months ago," Pendleton explained. "A couple of the Soldiers' spouses called and wanted to know if they could get 55 bottles of Dr. Pepper as gifts to put in the barracks rooms of single Soldiers in the unit when they returned from Iraq – just 55 bottles, that's all. It was incredible."

Pendleton said the unit's Family Readiness Group was having a hard time getting donations and was hoping that the people of Dublin Dr. Pepper would be willing to help.

"We've never done any-



(Photo by Sgt. John Queen, 1st Cav. Div.)

**Sgt. Jason Proefrock, Headquarters Company, 3rd Brigade, 1st Cavalry Division, salutes with the units as the national anthem is played during the opening ceremony of the Dublin Dr. Pepper 10-kilometer run in Dublin, Texas June 11. Governor Rick Perry (far right) met with troops prior to the run and thanked them for their service. Proefrock and the other Soldiers from the 3rd Brigade's headquarters were invited to the small town as the guests of honor.**

thing like this before," the Marine Corps veteran said. "It just broke our hearts when we found out they were having trouble."

Besides providing soft drinks, employees at the bottling company went a step further, Pendleton added.

"We decided to invite the Soldiers to our 114th birthday celebration as the guests of honor," he said.

This year's event was dubbed "Mardi Gras in June" and emulated New Orleans, Bourbon Street and the joys of carnival with rhythm and blues music, Cajun style food, colorful beads, shiny doubloons, a red beans and rice cook-off and their annual Dublin Dr. Pepper 10, two and four-kilometer run.

Many of the Soldiers from the brigade's headquarters company, along with Texas

governor Rick Perry, showed off their athletic abilities by participating in the 10k run.

"It's a real show of solidarity from my perspective to see the Soldiers here supporting this small run," Perry said. "More importantly, it's a way for us to say 'thank you' to them for all that they do day in and day out – standing in the breach for us, protecting our freedoms."

"We're just so proud to be around men and women like the Soldiers of 3rd Brigade and they make us proud to be Americans."

Perry, a veteran himself, also took time to meet all of the cavalry troopers and thank them for coming.

After the run each Soldier was given a gift bag and t-shirt from the bottling company and a free pair of running shoes

from RunTex shoe stores of Austin.

"We thought donating the shoes was the right thing to do," said RunTex manager Jeff Kloster. "We're happy to honor the Soldiers by having them here and I think that's what it's all about."

Though spending an hour and a half driving to a small town, then running six miles in the Texas morning heat may not sound like fun to many, the Greywolf troops seemed to enjoy every minute.

"It was great, the run," laughed Pfc. Khadijah Heileman, one of the brigade's communication specialists. "It was challenging and I'm glad I made it. I even beat some of the guys in."

"It was a good event," echoed Sgt. Jason Proefrock, from Buffalo, New York and an intelligence analyst for the brigade. "It was a lot of fun and everyone has been very friendly."

Proefrock stood out from the other runners, however; carrying the unit's guidon the entire six miles, as he ran next to the company's commander, Capt. James Schreiner.

"It was hard to do but someone had to do it," he said proudly. "I still had a good time, though."

A few of the civilian runners approached the Greywolf guidon bearer afterwards and congratulated him on making it the whole way carrying the bulky flag.

"I wanted to ask him if I could carry it a short distance in honor of the troops," said Jason Roosma, from South Lake, Texas. "I figured he'd

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(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

## Chow Down

With a quick swipe of the saber, 3rd Brigade's Command Sgt. Maj. Chris Sellards cuts the ribbon marking the opening of the 1st Cavalry Division, 3rd Brigade Memorial Dining Facility June 22. "It is an outstanding moment," Sellards said. "I'm proud of all that our Soldiers have done. This is a great way to express our appreciation for what they do every day." Sellards, the "Grey Wolf" Brigade's top non-commissioned officer, told the assembled Soldiers that even though the division is building a memorial for the Soldiers killed in Iraq, they wanted to have a memorial dining facility because Soldiers would be there more often than at the division headquarters. The dining facility has a plaque honoring the division's Soldiers who died during the Iraqi Freedom deployments. Photos of Soldiers killed in OIF I, OIF II and future OIF deployments will soon be displayed in the facility. "Every time you come to this dining facility, you will see a plaque on the wall," Sellards said. "We are all recognizing the sacrifice your buddies have made.

## Dublin

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say no, because as a veteran myself, I know the pride that comes in carrying it."

Roosma along with Lora Olson, another participant in the 10k, spoke with the Soldiers for quite a while after cooling down and relaxing.

"We see them on TV all the time, but for them to be right here and have people see them and interact with them really personalizes them," Roosma said.

"You watch these guys on the news fighting in the war, and then when you actually get to talk with them and shake their hands you see that they are just real people," Roosma said.

"Oh, yes, I feel blessed by having them here," added Olson. "We appreciate what they do and I think it's about time we show them that."

Olson also commented on how she was impressed by the teamwork displayed by the Soldiers as they helped push and urge each other to keep going during the run as it weaved its way through the small town.

"To me, that proves working together works," Olson said. "They started together and made sure no one was left behind."

## Illness

From Page 3

that can affect Soldiers. Combat Stress can affect any Soldier who was deployed.

He said the everyday stressors from living in a combat zone could cause a Soldier to get Combat Stress.

The symptoms of Combat Stress are similar to those of PTSD but are not triggered by a traumatic experience. The symptoms include; poor sleep, hyper vigilance and irritability.

### Depression - Most Common

The most common mental illness affecting Soldiers is depression, Lange said.

Some of the symptoms of depression

are; losing interest in activities, lack of energy, loss of appetite, weight loss and difficulty concentrating. Lange said if symptoms persist for more than two weeks it can be major depressive disorder. Depression can be deadly and even a passing comment can be a symptom that there is an underlying problem.

Lange said PTSD, Combat Stress and depression are all treatable illnesses. Most of the treatments involve some form of talk therapy, either in group sessions or individual sessions. Lange said it is easy for Soldiers to seek help and Soldiers do not need to worry about the stigma or reprisal.

### Mental Health - There to Help

"You don't need a referral," Lange said. "You don't need to have someone else know about it. It's a completely confiden-

tial setting."

"There's nothing that is going to harm your career, follow you or ruin your career," he said. "There's nothing on your [records] that says that you've been to mental health at all."

"We don't bite. We don't have any kind of weird voodoo. We don't read your mind. We're just really great listeners," he said.

Soldiers can be seen on a walk-in basis or make an appointment at the Monroe clinic by calling 288-3096. Lange also said that if a Soldier is uncomfortable seeing a military psychiatrist they can go online to [www.armyonesource.com](http://www.armyonesource.com) and get a referral or call 1(800) 464-8107 for six free counseling sessions with a local civilian psychiatrist.



# Cavalry Museum Tells OIF II Story

**By Spc. Nicole Kojetin  
1CD Public Affairs**

The temporary exhibit section of the 1st Cavalry Division's Museum at Fort Hood is getting a facelift, adding a new page to the historical corridors.

Planning the layout of the Operation Iraqi Freedom II exhibit began in September and will depict several different aspects of the mission in Iraq.

"The division operations [in Iraq] were very complex and hopefully, we can give [visitors] a concise view," said Steven Draper, 1st Cavalry Division Museum curator.

According to Draper, a portion of the museum should be complete in time for the 1st Cavalry Division Reunion starting on Thursday. He hopes that OIF II veterans will check the written information on displays and provide him with input. The grand opening is scheduled for late July.

"Our mission is to tell the story of the 1st Cavalry Division," Draper said. "The most

recent section was Bosnia. We needed to bring the story to the current, make up some time."

The exhibit will incorporate various missions and obstacles. These include as searching buildings, civil affairs missions, humanitarian assistance, and improvised explosive devices — from September 11, 2001 to the completion of OIF II.

The hardest task was to get all the displays to coincide, said Draper.

"We want people to understand that these things didn't happen in phases but all at once," Draper said.

For one OIF II veteran, being hands-on in the creation of the new section is very meaningful. Spc. Graham Dixon, who now works at the museum, worked as a radio and telephone operator at Camp Victory in Iraq.

Dixon said his experiences in Iraq made the section covering improvised explosive devices important to him. It is significant, he noted, not only for accuracy of the mission in Iraq,

but also for the education of troops who will be sent there in the future.

"IEDs played a pivotal role in Iraq," Dixon said. "It is important that Soldiers know what they look like and how the explosives worked."

Draper strives to continually update the museum and wants the community to contribute. One wall of the new section is dedicated to the sacrifice and achievements of First Team. The wall will be covered with photos taken by the troops.

"One Soldier told me that this was a digital war in the sense that almost everyone out there had a digital camera,"

Draper said. "It is amazing some of the photos and video we have."

This enabled much of the war to be documented, and allowed many of the deployed troops to contribute. This meant a lot to Dixon.

"I feel honored to be a part of this," said the Washington D.C. native. "It is like seeing my name in a history book."

Since the museum is always changing with new items, Draper still wants more artifacts and photos.

He urges Soldiers to provide copies of their photos and any items they have that may help tell the story of the First Team in Iraq.



(Photos by Spc. Nicole Kojetin, 1CD Public Affairs)

**Victor Amaya of the Southwest Museum Service planes the bottom of an exhibit wall while Carlos Bawranko holds it steady. Amaya and Bawranko are piecing together the Operation Iraqi Freedom II section of the 1st Cavalry Division Museum at Fort Hood.**



**Luis Herneindez, left, and Juan Carlos Cortes install a stucco wall over a sand-like floor in the 1st Cavalry Division Museum at Fort Hood June 21. They are employees of the Southwest Museum Service, which was contracted to create the Operation Iraqi Freedom II exhibit of the museum.**

# Korean Veteran Receives Purple Heart

By Spc. Nicole Kojetin  
1CD Public Affairs

A white make-shift flag was waving in the air Oct. 16, 1951, but Pfc. Doug Russell and two of his comrades, of King Company, 1st Battalion, 8th Cavalry Regiment, were still suspicious.

The Soldiers split up. Russell, acting as the squad leader, was going to encounter them head-on while his buddies flanked the sides of a depression.

"We still didn't have an officer," said a now retired Russell. "This is just a guess, but there should be around 200 men there but now there we had only 20 or maybe 16 [in our company]."

The lower dip of land was holding three young enemy Soldiers. All of a sudden he was slammed backwards. His squad was tricked by a phony surrender. He was shot in the left shoulder.

"The best that I can describe the feeling...it was like someone hit me with a baseball bat as hard as they could," Russell said. "If it had been a rifle, I wouldn't be here."

Russell was evacuated to an aid station. Instead of receiving his Purple Heart while he was still recovering like most veterans, Russell was pinned during a ceremony on Cooper Field June 24 during the 1st Cavalry Division Association's 58th Reunion.

Two unrecorded moves resulted in him receiving the award 54 years after his injury.

Soon after Russell sat on the bench awaiting medical attention, he was told that he would be going back to regimental headquarters to recover.

"I think it was the morning

of the 22nd when the [commanding general] came through," Russell said. "There were three tents set up with walking wounded. The CG came through and said 'Anybody that can get up, get up. The Chinese had broken through the line and we need everybody; cooks, clerks, everybody.' They already had the truck backed up to load up."

Instead of him jumping on the truck, Russell was called to report to the regimental commander.

He was recommended to the 8th Army Honor Guard. Russell accepted the offer to try out for the guard and left immediately. According to Russell, No one else in his unit had been informed of this move.

"Nobody knew where I was, so my mail, when I got it, was all marked with missing in action and killed in action," Russell said. "They didn't know I was still around. I didn't like it, but those people at the aid station were very busy."

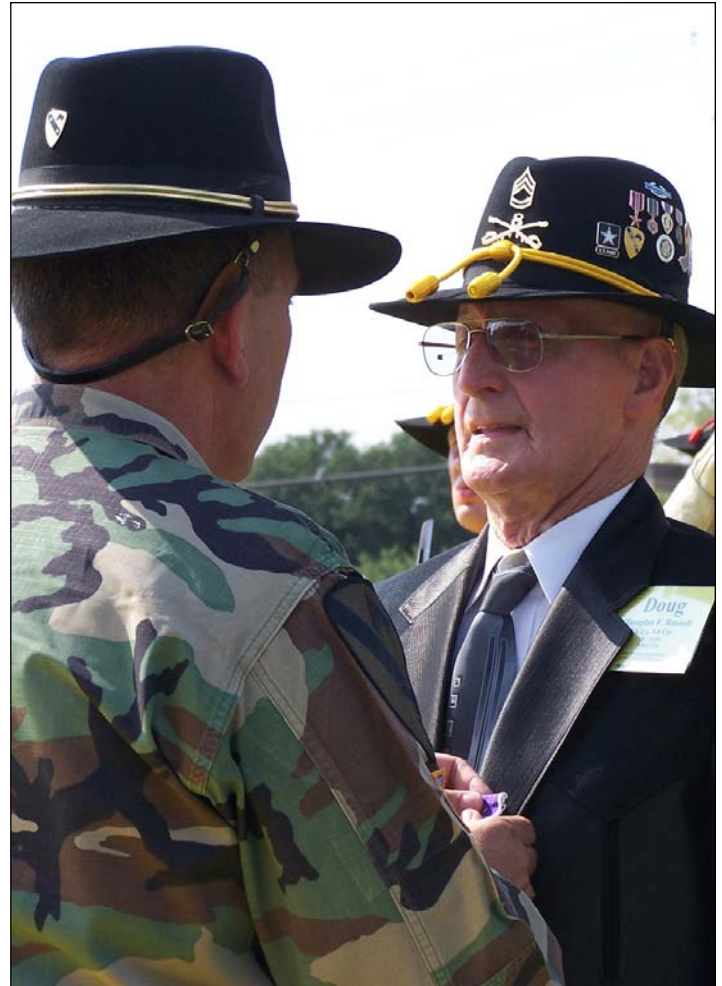
He tried to put in the paperwork to receive his Purple Heart but was denied because he didn't have the records of his injury. He was told that his records were lost in a fire at St. Louis. All was not lost, however.

"Last October, I received a phone call," Russell said. "I thought it was a junk call from salesmen. But then this guy asked me if I ever received my second purple heart, and I said 'no.' Then he asked if I had tried, and I said, 'yes.'"

This call started the journey full of paperwork.

"I knew I was supposed to have it," Russell said. "I wore the cluster for many years."

Officially, it was not on his military record until a few months ago. He received the



(Photo by Spc. Nicole Kojetin, 1CD Public Affairs)

**Korean War veteran, Doug Russell, receives his Purple Heart from 1st Cavalry Division Commanding General, Maj. Gen. Peter Chiarelli, for being shot in the left shoulder Oct. 16, 1951. Russell traveled from Oklahoma to be presented the award at the 1st Cav. Div. Association 58th Reunion June 24 although he had already received orders for the award in the mail.**

medal in the mail, but Russell still wanted to have a ceremony.

"I think that it is something I am long overdue and something I deserve, he said. "I have the orders but I think it was something I am entitled to."

Russell drove from Oklahoma with his wife, Pat, to receive the award. Also, a good friend traveled from Wisconsin to witness the event.

Edwin Wilber, was injured

on Oct. 10, 1951, and Russell carried him out of a barrage of grenades.

"He wasn't my only fox-hole buddy, but he was my favorite," Russell said.

That may have been because they willingly shared all their care packages from home.

"I am glad that he is receiving his Purple Heart," Wilber said. "It is long overdue."



# Cav Museum Unveils Vietnam Memorial

By Sgt. John Queen  
1st Cav. Div.

Hundreds of 1st Cavalry Division Soldiers, veterans and family members turned out June 24 at the division's museum for the dedication of a memorial honoring First Team "sky-troopers" and their service in Vietnam.

The unveiling during the division's 58th annual reunion, came nearly 40 years after President Lyndon Johnson announced to the United States that he had ordered the "airmobile division" to Southeast Asia.

"This is long overdue," said retired Army Chief of Staff Gen. Edward C. Meyer. "We've seen the individual's names on the memorial in Washington D.C., but to have this here, the home of the Cav, is wonderful."

Meyer, the guest speaker for the monuments unveiling, served with the division

in Vietnam from 1965 to 1966 and again from 1969 to 1970.

"Each of us around here have special memories of our days in Vietnam," Meyer said during the ceremony. "When we arrived, when we got to our various firebases, our first real firefight, our last firefight and all of those in between, most of all, we remember our fellow sky-troopers, those of whom we shared rations, foxholes, personal thoughts and our lives."

"There were some who didn't come home to their families," he added. "They are remembered here among their own today, by Soldiers of this great division."

The monument, which is made out of black granite, is etched with the units assigned to the division during the war and sits surrounded by the helicopters that became the division's trademark.

John Nowa from Alta Loma, Calif., along with 12 other Vietnam veterans from



(Photo by Sgt. John Queen, 1st Cav. Div.)

**Clad in his cavalry Stetson, a Vietnam veteran from 2nd Battalion, 7th Cavalry Regiment looks at the 1st Cavalry Division's new monument.**

the third platoon of Bravo Company, 2nd Battalion, 7th Cavalry Regiment, agreed that the memorial is fantastic and helps bring closure to that time period for the group.

"Its recognition, you know," said Thomas Lee Smith of Phoenix a fellow third platoon member. "We didn't get a lot of recognition when we first came back. It's nice to get it now."

"I love it," said another member of the platoon, Joe Disarro of San Diego. "It brought a tear to my eye, that's all I can say."

The 1st Cavalry Division (Airmobile) arrived in South Vietnam at Qui Nhon, in 1965 and was the first full Army division to be deployed to the region. It was made up of nine infantry battalions that were airmobile, an air reconnaissance squadron, and six artillery battalions. The division also had the 11th Aviation Group which was made up of three aviation battalions.

Two months after arriving, the division took part in the first major battle between United States and North Vietnamese forces in the Ia Drang Valley. Later in 1968, units of the division relieved the embattled U.S. Marines at Hue during the Tet Offensive.

The division was awarded the Presidential Unit Citation and 25 of its troopers received the Medal of Honor.

"I think every unit in the Army should build off of its heritage," Meyer said. "That's what great about the First Cavalry Division; they remember their Soldiers."



(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

## 'Egg-cellent' Presentation

Joe Bosko talks to Maj. Gen. Peter Charelli about the painted egg he gave to the 1st Cavalry Division to commemorate their deployment in Iraq. Bosko gave the ostrich egg, which took about 20 hours to carve and paint, to the division June 16. Bosko said he tries to give an egg to units upon their return from a deployment.

# Brother Gives Cav Soldier Baseball Surprise

By Pfc. Charles Maib  
1CD Public Affairs

Having played in Little League and in high school, Staff Sgt. Joshua York was no stranger on the ball field. But standing out on the pitchers mound at the Texas



(Photo by Pfc. Charles Maib, 1CD Public Affairs)

(Left to right) Staff Sgt. Joshua York, Company C, 2nd Battalion, 5th Cavalry Regiment, 1st Cavalry Division, takes time to get a snap shot taken with the Texas Rangers' mascot "Bucky," his younger brother, Dustin York, and Sgt. Mark Winters from the Dallas Recruiting Command at Amerquest Field in Arlington, Texas June 14.

Rangers' Amerquest Field, June 14, he felt a little out of his lane.

A voice boomed across the public address system announcing that to celebrate the Army's 230th birthday, a Soldier from the 1st Cavalry Division would now throw out the ceremonial first pitch.

York's mind raced. The Bradley section leader with Company C, 2nd Battalion, 5th Cavalry Regiment could feel the eyes of 12,000 screaming fans beat down on him. He took a breath and calmed himself. He wondered which of the Ranger's star baseball players would come out to catch his pitch.

York opened his eyes, and looked with a start at the man squatting by home plate, arm extended, ready to catch. It wasn't a famous ball player; but his younger brother Dustin.

York relaxed, and threw.

"I never expected my brother to be catching for me," York said. "It was a cool surprise."

Earlier in the day York joked that his brother Dustin could talk his way into anything, and he seemed right. The previous day, York's younger brother had talked his way onto the court at the SBC Arena in San Antonio, so he could take pictures of the NBA Championship trophy.

Dustin lasted about five minutes before security guards figured out his scheme and tossed him out on his ear.

On this day, he was accompanying his older brother, just back from a tour in Iraq, to a Texas Rangers baseball game to watch him throw out the first pitch. But he took

the trip a step further.

Posing as a sports photographer, he got into the stadium for free. But that's not all. Not only did he convince the people at the ticket gate he was a sports photographer, he convinced the security guards as well, and before long he was on the field rubbing elbows with the Rangers in their dugout, hunting for autographs.

"That's when I met Rangers second baseman Alfonso Soriano" Dustin explained. "He asked me what I was doing here, and I explained that my brother was with the 1st Cavalry Division and he was throwing out the first pitch."

The all-star second baseman grabbed his manager, Buck Showalter, and suggested that as a surprise, Dustin should catch his brother's pitch rather than the team mascot. Showalter liked the idea. After a few quick phone calls, the decision to secretly go with Dustin was made.

"I should have known something was up," York said. "When he came back from the field, he tried to have me guess who would be catching my pitch tonight."

"My brother, he's always got an angle on something," York said.

That angle paid off.

The Rangers gave Dustin a baseball autographed by the whole team to present to York as a way of saying "thank you for serving your country."

"Seeing people respond to a Soldier like this," York said of the crowd rising to their feet to greet him, "... seeing things like this reminds me of why I came into the military."

## Reunion

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experiences.

"It's another element that shouldn't be forgotten," she said. "Sometimes it was harder for the one at home. You didn't know if they were coming home."

Reunion attendees also had an opportunity to attend a historic tableau and see a reenactment of the First Team's history.

Squiabro was looking for-

ward to the tableau. He said when he attended a reunion two years ago the tableau had been cancelled.

June 25 was another great day to catch up with old friends and make new ones. Attendees could attend unit lunches, or the Cav banquet, in the evening, where Maj. Gen. Peter Chiarelli, 1st Cavalry Division commanding general, gave a 'State of the Cav' address.

The reunion wrapped up the next morning with a memorial service for all the Cav troopers who have died.



(Photo by Spc. Joshua McPhie, 1CD Public Affairs)

**Current and former First Team troopers and their families render honors during the retreat Ceremony June 24 on the 1st Cavalry Division's Cooper Field. The retreat was part of the 58th Annual 1st Cavalry Division Association Reunion.**